

SWEET AND SOUR FISH

Jim

- 1 lb. white fleshed fish fillet
- 1½ t. garlic, minced
- 2 eggs
- ½ cup cornstarch
- ½ t. baking powder
- 2 peppers
- oil for deep frying
- 1½ t. ginger, minced

Sauce

- 2 scallions minced
- 7 T. water
- 5 T. sugar
- 5 T. vinegar
- 1½ T. ketchup
- 2 t. soy sauce
- 2 t. cornstarch

1. Wash the fish, pat dry, and lightly salt. Cut the fish into 1" squares.
2. Combine the sauce ingredients in a small bowl.
3. Beat the eggs. Mix with the cornstarch and the baking powder. Add fish to batter.
4. Cut the peppers into 1" squares. You may use red or green peppers or a combination of both. You may also add baby ears of corn, snowpeas, or the flowerets of broccoli. *Parboil vegetables.*
5. Heat up the oil for deep-frying. 350-375 is good for the first frying. Deep fry only a few pieces at a time. This way the fish will cook quickly and retain its moisture, because the temperature of the oil hasn't dropped too much. When cooked, remove and drain. Use the same procedure with the rest of the fish.
6. Heat 1 T. oil in a wok or small pan and when hot, fry the garlic, ginger, and peppers. ~~When the peppers are almost cooked,~~ restir the seasoning sauce and add. Bring to a boil. The sauce should thicken quickly. If this doesn't happen, add more cornstarch paste to the sauce. *35-45° Add peppers.*
7. Meanwhile, reheat the oil to smoking and add fish, half at a time, to make crisp. When crisp, remove and drain; wait until the oil is very hot again before crisping the rest of the fish.
8. Arrange the fish on a serving platter and pour the sauce over it. Never pour the sauce until ready to eat or the fish will become soggy